

Bay County Fitness Classes – Winter 2020 – Session #1

No Classes on Jan. 20th and Feb. 17th

ALL FITNESS LEVELS WELCOME IN ALL CLASSES!!

- **Fit Fun** – A low-impact aerobics class, which includes cardio, strength training and stretching
- **Fit in 30** – A 30-minute workout with emphasis on strength training, core work, balance and stretching
- **Yoga Fit** – A restorative yoga class emphasizing on stretching, basic yoga postures, balance, breathing and meditation
- **Cardio Drumming** – Low-impact workout using drumsticks and exercise balls for a fun, energetic workout
- **Cost:** \$50.00/11-visit punch card \$5.00/drop-in fee \$3.00/drop-in for Fit in 30
- **For Information contact** Beth Trahan @ 989-894-0671 or trahanb@baycounty.net

Monday	Tuesday	Wednesday	Thursday	Friday
Fit Fun Jan 13 th – Feb 24 th 9:30 am – 10:30 am	Cardio Drumming Jan 28 th to Feb 25 th 9:30 am – 10:15 am (max 15 per class)	Fit Fun Jan 8 th – Feb 26 th 9:30 am to 10:30 am	Yoga Fit Jan 9 th to Feb 27 th 9:30 am to 10:30 am	Fit Fun Jan 10 th – Feb 28 th 9:30 am to 10:30 am
Fit in 30 Jan 13 th – Feb 24 th 12:30 pm – 1:00 pm		Fit in 30 Jan 8 th – Feb 26 th 12:30 – 1:00 pm		
Yoga Fit Jan 13 th to Feb 24 th 5:30 pm – 6:30 pm	Chair Yoga 11:00 am – 11:45 am Call Division on Aging to Register 895-4100	Yoga Fit Jan 22 nd to Feb 26 th 5:30 pm to 6:30 pm	Chair Yoga 11:00 am – 11:45 am Call Division on Aging to Register 895-4100	